

# Get Fit. Get Rewarded.



We all know that regular exercise is important for your total health. It provides so many benefits—managing your weight, improving your balance and flexibility, and relieving everyday stress. It can also help lower your risk for serious health conditions, such as diabetes and high blood pressure.

For members on Kaiser Permanente's FEHB Prosper with the Healthy Returns program, you can enjoy the benefits of exercise and receive reimbursement for your qualifying fitness center dues. Enroll with a qualifying fitness center, and you can be reimbursed up to \$500 of your membership dues each calendar year. It couldn't be easier!

## Here's how to get started!

1. Find a fitness center:
  - Choose one from the Active&Fit Enterprise™ network by going to [www.ActiveandFit.com](http://www.ActiveandFit.com) or call **1-877-750-2746**, Monday through Friday, **8 a.m. to 9 p.m.** Pacific time.
  - Select a qualifying fitness center not in the network. Qualifying centers must offer regular cardiovascular, flexibility, and/or resistance training exercise programs and/or may include instructor-led classes (such as Zumba®, Pilates, “step” classes, yoga, aqua, etc.), must offer a membership agreement, be open to the public, and must have staff oversight. Staff oversight means that during normal hours of operations, the fitness center has employees that oversee the operations of the center and attend to members. Fitness centers within an apartment or hotel that do not have staff oversight are examples of centers that do not meet this definition.
2. Obtain a copy of your proof of payment showing your name, your fitness center's name, the payment amount, and the dates for which payment is being applied.
3. Complete the Healthy Returns Reimbursement Request Form and send it, along with your membership agreement.

**Mail:** Active&Fit ExerciseRewards  
P.O. Box 509117  
San Diego, CA 92150-9117

**Or email:** [Fitness@ExerciseRewards.com](mailto:Fitness@ExerciseRewards.com)  
Forms are available at [kp.org/feds](http://kp.org/feds) or by calling **1-877-750-2746**.

Please note that your reimbursement period ends on the last day of the calendar year (or December 31, 2023). Your reimbursement period begins on the first day you are enrolled in Prosper and are also enrolled with a qualified fitness center.

Also, all reimbursement requests must be received **no later than 90 days** after the end of each reimbursement period.

## Receiving your reimbursement

Members' reimbursements will be processed within 30 days of receiving the completed documentation. To receive the full annual reimbursement amount of up to \$500, members can wait to submit a reimbursement request until the full \$500 has been paid.

## Additional benefits

Your Healthy Returns program also includes:

- Choose from thousands of participating Standard fitness centers for \$25/month. You also have access to Premium locations for a buy-up price, including fitness centers, studios, and unique fitness experiences with substantial discounts on most memberships.<sup>1</sup> Find an eligible fitness center at [www.ActiveandFit.com](http://www.ActiveandFit.com).
- Access to a variety of on-demand workout videos, perfect for all fitness levels.
- Workout Plans—members can answer a few questions about their fitness level and goals to get personalized workouts.
- The Active&Fit Connected!<sup>™</sup> tool, which syncs with your wearable fitness tracker or mobile app to track your activity.<sup>2</sup>
- Online library of resources with exclusive articles and videos on healthy eating, staying active, and more.

## Who is eligible?

- Kaiser Permanente FEHB Prosper members age 18 and older are eligible.
- You need to keep Kaiser Permanente FEHB Prosper health coverage through the date you become eligible for your reimbursement.
- As long as your plan continues enrollment in the Healthy Returns program, you will be eligible to participate in the program in the subsequent program period up to your plan's benefit plan year maximum.

Go to [www.ActiveandFit.com](http://www.ActiveandFit.com) today  
to begin your journey to a more active life!

If you would like to speak with someone about the program,  
call **1-877-750-2746**. Representatives can help you  
Monday through Friday, **5 a.m. to 6 p.m. Pacific time**.

## Exclusions and Limitations

The following are not part of the Healthy Returns program:

1. Services and activities such as rehabilitation services, physical therapy services, country clubs, social clubs or sports teams and leagues
2. Dues or fees for participating in aerobic/fitness activities not in a qualifying fitness center, as well as fees for personal training, lessons (e.g., tennis and swimming), coaching, and exercise equipment or clothing purchases
3. Fitness centers outside of the United States
4. Enrolling at fitness centers where there is no staff oversight (e.g., centers in apartments or hotels)
5. Membership payment receipts dated prior to your eligibility date, which is the start of the calendar year (January 1, 2023) or the first date within 2023 that you are enrolled in Prosper
6. Reimbursements are based on the membership fees that are paid by a member up to the annual contract max reimbursement amount
7. Exercise sessions before you became eligible for the Healthy Returns Program do not qualify

<sup>1</sup>Fees vary. Please refer to the fitness center search on the Active&Fit website.

<sup>2</sup>Purchase of a wearable fitness tracker or app may be required to use the Connected! tool and is not reimbursable by the Active&Fit ExerciseRewards program.

Your use of the Active&Fit Connected! tool serves as your consent for American Specialty Health Fitness, Inc. (ASH Fitness) to receive information about your tracked activity. The Active&Fit ExerciseRewards™ program is provided by American Specialty Health Fitness, Inc., a subsidiary of American Specialty Health Incorporated (ASH). All programs and services are not available in all areas. The people in this piece are not Active&Fit Exercise Rewards members. Active&Fit ExerciseRewards, Active&Fit, and the Active&Fit logo are trademarks of ASH. Other names or logos may be trademarks of their respective owners. Non-standard services at the fitness center that call for an added fee are not part of the Active&Fit ExerciseRewards program. Fitness center participation may vary by location and is subject to change.

Prior to participating in this or any other exercise program, it is important for you to seek the advice of a physician or other qualified health professional. Your health plan is committed to helping you achieve your best health. Rewards for participating in a wellness program are available to all FEHB Prosper eligible members. If you think you might be unable to meet a standard for a reward under this wellness program, you might qualify for an opportunity to earn the same reward by different means. Contact us at 1-877-750-2746 Monday – Friday, 5 a.m. – 6 p.m. Pacific time, and we will explain how you can work with your physician to find an alternative wellness program with the same reward that is right for you in light of your health status.

The amount of the rewards/reimbursement may be considered taxable income, and subject to state and federal taxes in the tax year it is paid. We recommend that you consult a tax expert with any questions regarding your tax obligations.

Members are not required to participate at an ASH-contracted fitness center to be eligible for the reward. The Active&Fit ExerciseRewards program is a health improvement and education program and is not insurance. ASH Fitness is a separate company that administers the Active&Fit ExerciseRewards program on behalf of Kaiser Foundation Health Plan of the Northwest, 500 NE Multnomah St., Suite 100, Portland, OR 97232.